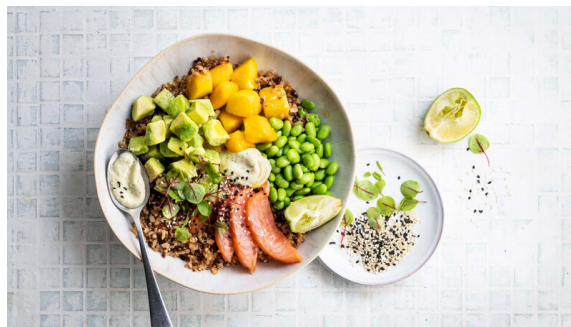


Thai Style Poké Bowl



Ingredients

Ingredients for 10 servings:

2 kg Ardo ancient grains mix
300 g Ardo avocado diced
300 g Ardo mango cubes
200 g Ardo edamame soy beans
50 g Ardo Thai style herb mix
500 g raw or smoked salmon
3 dl mayonnaise
Wasabi
2 dl poké sauce (soy-lime-sesame)
Sesame seeds
1 dl sunflower oil
Lime juice

Preparation

1. Briefly steam the grain mix in the steamer or sauté in some sunflower oil.
2. Season the grain mix with the poké sauce.
3. Thaw the mango and avocado.
4. Mix the mayonnaise with the wasabi, lime juice, and Thai-style herb mix.
5. Briefly steam the edamame.
6. Assemble the poké bowl and finish with the Thai wasabi mayonnaise and sesame seeds.

Allergens

Sesame
Mustard
Egg
Soy



We preserve nature's gifts